

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Southwestern Eggs

From www.lynnskitchenadventures.com

1 pound sausage (Make sure to get nitrate/nitrite free sausage, or make your own with 1 pound of ground pork and homemade breakfast sausage seasoning.)

1 can rotel tomatoes, drained

12 eggs

6 Tbsp milk (I like to use either almond or coconut milk)

$\frac{1}{4}$ tsp salt

1 cup shredded raw cheese

1. Preheat the oven to 375°.
2. Brown sausage and drain off any fat. Add tomatoes to meat and set aside.
3. In a large bowl beat eggs, milk and salt together until eggs are mixed up well.
4. Pour eggs into a greased 9x13 pan. Bake for 7 minutes.
5. Remove from oven and carefully sprinkle with tomato meat mixture. Sprinkle with cheese.
6. Bake for 15-18 minutes more or until eggs are done.
7. Let sit 5 minutes before cutting into.